




**December 2022**

# CONGREGATE MEALS

*All meals served with milk.*

**Montgomery County**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) <b><u>HOT:</u></b> Baked Chicken w/Mediterranean Sauce, Orzo w/Asparagus, Squash &amp; Zucchini, Whole Wheat Roll, Fresh Fruit</p> <p><b><u>COLD:</u></b> Tuna Salad on Whole Wheat Pita, Green Pea Salad</p> <p><b><u>VEG:</u></b> Sesame Tofu Noodle Salad</p>	<p>2) <b><u>HOT:</u></b> 10-Grain Pollock, Confetti Rice, Mixed Vegetables, Wheat Bread, Fruit Cocktail PFS-Swiss Steak</p> <p><b><u>COLD:</u></b> Ham &amp; American on Kaiser, Citrus Carrot Salad</p> <p><b><u>VEG:</u></b> Buffalo Chickpea Salad</p>
<p>5) <b><u>HOT:</u></b> Turkey Meatballs w/Sweet &amp; Sour, Garden Medley Rice, Broccoli, Whole Wheat Roll, Fresh Fruit</p> <p><b><u>COLD:</u></b> Turkey Quinoa Salad, Chickpea Salad, Whole Wheat Roll</p> <p><b><u>VEG:</u></b> Cheese Ravioli w/Tomato-Basil Cream Sauce</p>	<p>6) <b><u>HOT:</u></b> Ziti Bake, Green Beans, Wheat Bread, Spiced Pears, Juice</p> <p><b><u>COLD:</u></b> Asian Chicken Salad, Whole Wheat Roll, Black Bean-Rice Salad</p> <p><b><u>VEG:</u></b> Three-Bean Sweet Potato Chili</p>	<p>7) <b><u>HOT:</u></b> Baked Chicken, Black-eyed Peas, Mixed Greens, Whole Wheat Bread, Tropical Fruit, Apple Juice</p> <p><b><u>COLD:</u></b> Ham &amp; American on Whole Wheat, Tex-Mex Pasta Salad</p> <p><b><u>VEG:</u></b> Garlic Parmesan Mac &amp; Cheese</p>	<p>8) <b><u>HOT:</u></b> Fish Cakes, Dinner Roll, Rosemary Potatoes, Harvard Beets, Applesauce, Juice</p> <p><b><u>COLD:</u></b> Chicken Salad on Whole Wheat, Lemon-Dijon Carrot Salad</p> <p><b><u>VEG:</u></b> Cold Sesame Tofu Salad</p>	<p>9) <b><u>HOT:</u></b> Salisbury Beef w/Gravy, Mashed Spiced Yams, California Veg Blend, Whole Wheat Roll, Fresh Fruit</p> <p><b><u>COLD:</u></b> Roast Beef w/Muenster on Whole Wheat</p> <p><b><u>VEG:</u></b> Quinoa w/Brussel Sprouts &amp; Carrots</p>
<p>12) <b><u>HOT:</u></b> Turkey Sausage w/Red Beans, Parslied Rice, Mixed Vegetables, Whole Wheat Roll, Applesauce, Juice</p> <p><b><u>COLD:</u></b> Chicken Pasta Salad, Three-Bean Salad</p> <p><b><u>VEG:</u></b> Jamaican Red Beans &amp; Rice</p>	<p>13) <b><u>HOT:</u></b> Baked Chicken w/Pumpkin Seed Mole, Braised Lentils, Green Peas, Whole Wheat Bread, Tropical Fruit</p> <p><b><u>COLD:</u></b> Tuna Salad on Whole Wheat, Confetti Corn Salad</p> <p><b><u>VEG:</u></b> Black-eyed peas, Yams, &amp; Collard Greens</p>	<p>14) <b><u>HOT:</u></b> Potato-Crusted Fish w/Tartar Sauce, Cream Style Corn, Broccoli, Whole Wheat Roll, Fresh Fruit</p> <p><b><u>COLD:</u></b> Roast Beef &amp; Provolone on Whole Wheat Bun, White Bean Salad w/Olives</p> <p><b><u>VEG:</u></b> Lentils w/Brown Rice &amp; Vegetables</p>	<p>15) <b><u>HOT:</u></b> Teriyaki Meatballs, Confetti Rice, Carrots, Dinner Roll, Pineapple Chunks, Juice</p> <p><b><u>COLD:</u></b> Turkey Salad on Whole Wheat Pita, Pasta Salad</p> <p><b><u>VEG:</u></b> Creamy Chickpea Pasta w/Spinach &amp; Rosemary</p>	<p>16) <b>BRUNCH</b></p> <p><b><u>HOT:</u></b> Cheese Omelet, Tater Tots, Stewed Tomatoes, Biscuit, Fresh Fruit</p> <p><b><u>COLD:</u></b> Turkey &amp; American on Kaiser, Copper Pennies</p> <p><b><u>VEG:</u></b> Vegan Sloppy Joes</p>

<p>19) <b><u>HOT:</u></b> Southwest Chicken Breast, Cilantro-Lime Rice, Mexicali Veg Blend, Whole Wheat Bread, Mandarin Oranges, Juice</p> <p><b><u>COLD:</u></b> Chicken Salad on Whole Wheat Pita, Honey-Ginger Carrots</p> <p><b><u>VEG:</u></b> Lox Free Sandwich w/Cream Cheese, Cucumber &amp; Tomato</p>	<p>20) <b><u>HOT:</u></b> Roast Beef &amp; Gravy, Garlic Whipped Potatoes, Glazed Carrots, Dinner Roll, Fresh Fruit</p> <p><b><u>COLD:</u></b> Greek Chicken Salad, Pasta Salad, Whole Wheat Roll</p> <p><b><u>VEG:</u></b> Cheese Ravioli w/Pumpkin Cream Sauce</p>	<p>21) <b><u>HOT:</u></b> Hamburger on Whole Wheat Bun, Baked Beans, Mixed Vegetables, Pears &amp; Juice</p> <p><b><u>COLD:</u></b> Turkey &amp; American on Whole Wheat, Mediterranean Lentil Salad</p> <p><b><u>VEG:</u></b> Fiesta Chopped Salad w/Black Beans</p>	<p>22) <b>HOLIDAY MEAL</b></p> <p><b><u>HOT:</u></b> Cranberry-Dijon Chicken, Au Gratin Potatoes, Green Beans, Whole Wheat Roll, Apple Pie, Ambrosia Salad, Juice</p> <p><b><u>COLD:</u></b> Egg Salad on Whole Wheat, Cucumber Salad w/Creole Dressing</p> <p><b><u>VEG:</u></b> Sweet Potatoes, Chickpeas, &amp; Curry</p>	<p>23) <b><u>HOT:</u></b> Beef Santa Fe Chili, Brown Rice, Broccoli, Cornbread Muffin, Spiced Apples, Juice</p> <p><b><u>COLD:</u></b> Ham &amp; Cheddar on Whole Wheat Bun, Black-eyed Pea Salad</p> <p><b><u>VEG:</u></b> Spanish Veggie Paella w/Cannellini Beans &amp; Green Olives</p>
<p>26) <b>Offices Closed</b></p> 	<p>27) <b><u>HOT:</u></b> Honey BBQ Chicken, Baked Beans, Cabbage, Whole Wheat Bread, Fresh Fruit</p> <p><b><u>COLD:</u></b> Tuna Salad on Whole Wheat Pita, Green Pea Salad</p> <p><b><u>VEG:</u></b> Zucchini Noodles w/White Beans &amp; Tomato</p>	<p>28) <b><u>HOT:</u></b> Greek Lasagna, Mixed Greens, Wheat Bread, Spiced Fruit, Juice</p> <p><b><u>COLD:</u></b> Turkey &amp; Provolone on Whole Wheat, Copper Pennies, Fluffy Fruit Salad</p> <p><b><u>VEG:</u></b> Veggie Burger w/Lettuce, Tomato, &amp; Onions</p>	<p>29) <b><u>HOT:</u></b> Turkey &amp; Gravy, Whipped Potatoes, Broccoli, Whole Wheat Roll, Fresh Fruit</p> <p><b><u>COLD:</u></b> Chicken Caesar Salad, Mediterranean Lentil Salad</p> <p><b><u>VEG:</u></b> Cheesy Veggie Crumbles w/Mac &amp; Cheese</p>	<p>30) <b>HOLIDAY MEAL</b></p> <p><b><u>HOT:</u></b> Pineapple-Glazed Ham, Black-eyed Peas, Cabbage, Cornbread Muffin, Fresh Fruit, Chocolate Brownie</p> <p><b><u>COLD:</u></b> Turkey Salad on Whole Wheat Pita, Tuscany Vegetable Pasta Salad</p> <p><b><u>VEG:</u></b> Lentil Chili</p>

**Nutrition Notes:** Let's talk about Fiber. Fiber is found in foods from plants— fruits, vegetables, beans, nuts, seeds, and whole grains. Eating more fiber can help prevent stomach or intestinal problems, like constipation. It might also help lower cholesterol and blood sugar. It is better to get fiber from food than dietary supplements. Start adding fiber slowly. That will help avoid gas. Here are some tips for adding fiber:

- Eat cooked dry beans, peas, and lentils.
- Leave the skin on your fruit and vegetables if possible but wash them first.
- Choose whole fruit over fruit juice.
- Eat whole grain breads and cereals.